



Australian Rotary Health  
Needs Your Help To  
**Lift the Lid on Mental Illness**

In the 1980s, Australian Rotary Health funded research into sudden infant death syndrome. Led by Prof Terry Dwyer, the research outcome soon cut the incidence of cot death by 80%, saving thousands of young lives.

The prevention of mental illness is our greatest challenge today. That is what our Lift the Lid campaign is all about.

**Lift the Lid** is Australian Rotary Health's national annual fundraising initiative for mental health research.

You can support Lift the Lid during Mental Health Month in October by:

- Making a donation on our website
- Participating in a Hat Day event
- Supporting your local coffee or Bunnings store when you see the Lift the Lid brand

100% of your Lift the Lid donation will go towards funding vital mental health research through Australian Rotary Health, including Mental Health Research Grants, Scholarships, and Fellowships.

Helping the 1 in 5 Australians who suffer a mental illness every year.

Australian Rotary Health has been involved in funding mental health research since 2000.

Visit [www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au) or [www.hatday.com.au](http://www.hatday.com.au) to get involved!

■ Research ■ Scholarships ■ Education ■ Awareness



Australian Rotary Health  
Needs Your Help To  
**Lift the Lid on Mental Illness**

In the 1980s, Australian Rotary Health funded research into sudden infant death syndrome. Led by Prof Terry Dwyer, the research outcome soon cut the incidence of cot death by 80%, saving thousands of young lives.

The prevention of mental illness is our greatest challenge today. That is what our Lift the Lid campaign is all about.

**Lift the Lid** is Australian Rotary Health's national annual fundraising initiative for mental health research.

You can support Lift the Lid during Mental Health Month in October by:

- Making a donation on our website
- Participating in a Hat Day event
- Supporting your local coffee or Bunnings store when you see the Lift the Lid brand

100% of your Lift the Lid donation will go towards funding vital mental health research through Australian Rotary Health, including Mental Health Research Grants, Scholarships, and Fellowships.

Helping the 1 in 5 Australians who suffer a mental illness every year.

Australian Rotary Health has been involved in funding mental health research since 2000.

Visit [www.australianrotaryhealth.org.au](http://www.australianrotaryhealth.org.au) or [www.hatday.com.au](http://www.hatday.com.au) to get involved!

■ Research ■ Scholarships ■ Education ■ Awareness

